

**Independent Aging Agenda Event Report
From**

Healthy Aging: Social Educational and Legal Needs of Baby Boomers

An Independent Aging Agenda Event:

Laurel Gardens of Milford
Thursday, August 18, 2005

Panelists:

- **Kathleen M. Alagno**, President & CEO, Milford Chamber of Commerce
- **Eileen Cavanaugh**, Vice President and CRA Officer, The Milford Bank
- **Diane Frankel- Gramelis**, Director of Education, Milford Hospital
- **Joan Heybruck**, Executive Director, American Red Cross, Milford Chapter
- **Alan H. Jepson**, City Clerk, City of Milford
- **Gary Johnson**, President & CEO, United Way of Milford
- **Beverly Streit-Kefalas**, Probate Judge, City of Milford
- **Suzanne Manning**, Editor of Milford Living
- **James L. Richetelli, Jr.** Mayor , City of Milford
- **Christine Tocchi**, Geriatric Nurse, Bridgeport Hospital
- **Gerd Weindling**, AARP State President

This event was a panel discussion with panelists and attendees holding a dialogue and then developing policy recommendations on regarding health, legal, and educational needs of aging baby-boomers.

Summary of discussion comments by panelists and attendees:

- Urge seniors to use the internet –
 - ~Learn how and research info on anything of interest.
 - ~Great tool to educate.
- Be an educated voter
- Be prepared for Dr's visits- write down questions
- Get Educated on Aging Healthy- prevention, maintain good health, physical wellness, internal wellness, social wellness, financial wellness

- Connect to community- give your time and volunteer
- Keep the Faith spiritually
- Get educated on medical information
- Communicate with family- let your family know what your wishes are as you age
- Change name of “Senior Center”
- To provide more transportation

Specific recommendation on key policy areas: Focus needs to be placed on educating senior baby-boomers, with particular emphasis on health and wellness information. It is also important to develop policy for ensuring transportation for seniors.

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